



## Dutch Oven Beef Stew

 Dairy Free

READY IN



225 min.

SERVINGS



8

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz baby carrots ( 30)
- 10.5 oz beef broth canned
- 1 pound stew meat cut into 1/2-inch pieces
- 8 oz tomato sauce canned
- 14.5 oz tomatoes diced undrained canned
- 0.3 cup flour all-purpose
- 1 teaspoon marjoram dried
- 1 medium onion cut into eighths

- 0.3 teaspoon pepper
- 1.5 lb potatoes – remove skin red cut into fourths
- 1 teaspoon salt
- 5 oz mushroom caps fresh sliced
- 1 teaspoon sugar
- 1 tablespoon worcestershire sauce

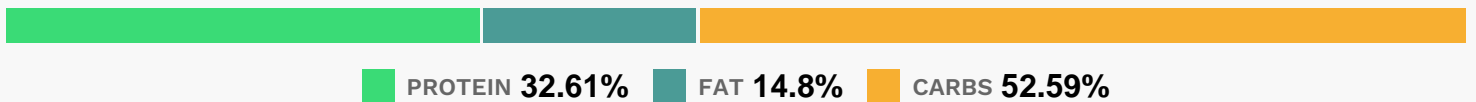
## Equipment

- oven
- dutch oven

## Directions

- Heat oven to 325F.
- In ovenproof 4–quart Dutch oven, mix all ingredients except potatoes and mushrooms. Cover and bake 2 hours, stirring once.
- Stir in potatoes and mushrooms. Cover and bake 1 hour to 1 hour 30 minutes longer or until beef and vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:35.14, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:19.237826128369%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

## Nutrients (% of daily need)

Calories: 201.21kcal (10.06%), Fat: 3.36g (5.17%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 22.8g (8.29%), Sugar: 6.41g (7.12%), Cholesterol: 35.15mg (11.72%), Sodium: 736.03mg (32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.29%), Vitamin A: 4101.53IU (82.03%), Vitamin B6: 0.7mg (35.21%), Vitamin B3: 6.93mg (34.65%), Selenium: 19.73µg (28.19%), Potassium: 946mg (27.03%), Phosphorus: 234.84mg (23.48%), Zinc: 3.07mg (20.47%), Vitamin C: 16.11mg (19.53%), Iron: 3.35mg (18.61%), Vitamin B12: 1.08µg (17.92%), Manganese: 0.35mg (17.39%), Fiber: 4.05g (16.18%), Copper: 0.31mg (15.47%), Vitamin B2: 0.25mg (14.86%), Vitamin B1: 0.21mg (14.15%), Folate: 52.4µg (13.1%), Magnesium: 52.3mg (13.08%), Vitamin B5: 1.06mg (10.6%), Vitamin K: 8.37µg (7.97%), Vitamin E: 0.94mg (6.3%), Calcium: 57.76mg (5.78%)